

10K/5K Run 5K Walk

Saturday, August 12, 2017
Muskingum Park, Marietta, OH
Race Begins at 8am
Registration 7-7:30am

Pre-Registration Fee: (must register by August 9th)

10K Run \$20 Y Member or River City Runner Member
 \$25 Non-Member

5K Run/Walk \$12 Y Member or River City Runner Member
 \$15 Non-Member

Day of Race Registration Fee:

10K Run \$30
 5K Run/Walk \$20

Teams of 6 or more: (must register by August 9th)

\$5 off per person
 Must register and pay together as team
 No day of race registration with team discount.



2017 Monthly Membership Rates

Youth (18 and under)	\$28.65
College (full-time)	\$35.62
Adult (19-59)	\$51.88
Couple	\$66.59
Family	\$72.02
Single Parent Family	\$56.26
Senior (60+)	\$41.29
Senior Couple (both 60+)	\$56.26
Health Center (additional)	\$10.03
Family Plus (additional)	\$12.50

Family Plus consists of unlimited access to youth sports and swim lessons. It does not include swim team, childcare or specialized programs.

Membership Prices include 7.25% sales tax.
 Additional Joiner Fee + tax due at sign up



**FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY**

MARIETTA FAMILY YMCA 2017 SUMMER PROGRAM GUIDE



Facility Hours

Monday - Thursday 5:15am - 9:00pm
 Friday 5:15am - 8:00pm
 Saturday 8:00am - 4:00pm
 Sunday 12:00pm - 4:00pm

Holiday Closings

Memorial Day, Monday, May 29th
 Independence Day, Tuesday, July 4th
 Labor Day, Monday, September 4th

300 N. 7th Street
 Marietta, OH 45750
 740.373.2250
www.mariettaymca.org

CAMP W.I.L.D.

**Wellness, Imagination,
Learning, Determination
Completed K-8th Grades**

6:45am - 5:30pm Monday thru Friday

We have something for everyone! Our unique summer camp offers daily swimming at the Y, Marietta College rock climbing wall and recreation area, fitness education and fun, healthy eating habits education, weekly walking and bus field trips, crafts, sports, science, social studies, math and language arts activities, and of course, TONS OF FUN!

	<u>Weekly Theme</u>	<u>Field Trip</u>
June 5-9	Let Your W.I.L.D. Side Out	Washington School
June 12-16	Let's Get Rolling	Skating
June 19-23	Just a Swimmin'	Devola Park/Pool
June 26-30	Diggin' Deep	Olentangy Caverns
July 3-7(closed 4th)	Red, White & Boom	Williamstown Park/Pool
July 10-14	Splish Splash	Carnegie Science Center
July 17-21	Let's Play Ball	Cincinnati Reds Game
July 24-28	"Y"-lympics	Olympics Week/Dyson Baudo
July 31-Aug. 4	Mystery Week	Reno/Phillips Schools
August 7-11	The Great Outdoors	North Bend State Park

Activity Fee due at registration

\$100 (\$75 if currently in Kids Co)
**Reduced activity fee for partial weeks



Camp Fees

(includes snacks & lunch)

	<u>Y Member</u>	<u>Non-Member</u>
Weekly	\$77.00	\$97.00
Daily	\$25.00	\$30.00
2 Days/Week	\$42.00	\$52.00
3 Days/Week	\$62.00	\$77.00



YOUTH/TEENS

ADVENTURE DAYS

Hocking Hills Zipline and Hiking

Dates: June 26
Ages: Must be 10 yrs. old and completed 5th-8th grades. Child must weigh at least 70 pounds.
Time: Leave Y at 7:00am Return approx. 6:00pm
Cost: \$125 Y Member / \$150 Non-Member

Cincinnati Reds Baseball Game

Cincinnati Reds verses the Arizona Diamondbacks at the Great American Ball Park. Game starts at 12:35pm.

Dates: July 20
Ages: Completed 3rd-8th grades
Time: Leave Y at 7:00am Return approx. 8:00pm
Cost: \$25 Y Member / \$50 Non-Member

Counselor In Training (CIT) Program

Teens will assist counselors with organizing and running activities with campers at either Camp W.I.L.D. or Camp Caterpillar. CIT's will learn leadership skills, participate in team building activities, and gain a better understanding of the skills and responsibilities necessary to be a summer camp counselor. Must complete application and interview to be accepted to CIT program.

Activity Fee: \$25
Weekly Fee: \$10 Y Member/\$20 Non-Member
Ages: Completed 7th grade

Orientation Meetings

Must attend one before starting CIT training.

Dates & Times: June 1 (Thursday) 6:00-7:00pm
 June 3 (Saturday) 10:00-11:00am

SUMMER SWIM TEAM

The Marietta Marlins would like to invite all interested swimmers to consider joining the Williamstown Swim Team this summer. No previous competitive swimming experience is required. Children who can swim one length of the pool are welcome. This is an excellent introduction to the sport for new swimmers and a way for experienced winter swimmers to stay in shape during the summer months.

The season will start with a "Try It and Like It" session during the week of May 29-June 2 5:45-6:30 pm at the Marietta YMCA before moving practice to the Williamstown Healthy Lifestyle Pool. The season lasts until the end of July. Travel is limited to the Mid Ohio Valley. Practices outside are tentatively set for 6:00-7:00pm on Mon. and Wed. and 10:30-11:30am on Sat. Swimming is an excellent complimentary sport for staying in shape and for making life-long friendships. Team fees are TBD.

For more information please visit the Williamstown Swim Team site:
www.facebook.com/WilliamstownSwimTeam.

Planning a Party or Event?

Have your party at the Y! You can rent the pool and/or the gym after hours on Friday, Saturday or Sunday. You can even stay all night! Add the inflatable tanker to the pool for even more fun! We require 2 weeks notice and 50% down payment.

	Y Member	Non-Member
Pool during regular hours	\$50/hour	\$75/hour
Pool after hours	\$75/hour	\$100/hour
Inflatable Tank + Pool	\$120/hour	\$150/hour
Underwater Sound System	\$25/hour	\$40/hour
Additional Swimmers	\$15/hour	\$25/hour
Gym (ONLY after hours)	\$55/hour	\$80/hour
Overnight (up to 12 hours)	\$400	\$500

* Pool fees based on up to 25 swimmers

CAMP CATERPILLAR

Where We Grow and Learn

4 & 5 year olds

Entering Kindergarten

6:30am - 5:30pm Monday thru Friday

Camp Caterpillar is our summer camp geared toward children who will start Kindergarten in the Fall. It is a summer full of fun, learning and adventure! Camp Caterpillar features songs, activities, swimming, outdoor play, weekly field trips, healthy eating habits, physical fitness and much more!

	<u>Weekly Theme</u>	<u>Field Trip</u>
June 5-9	Setting Sail	WP Snyder Tour
June 12-16	At the Beach	Skating
June 19-23	Exploring the Island	Campus Martius
June 26-30	Island Fun	Olentangy Caverns
July 3-7(closed 4th)	At the Campsite	Williamstown Park/Pool
July 10-14	In the Night	Carnegie Science Center
July 17-21	On the Trail	Peddler of Dreams
July 24-28	Down the River	Dyson Baudo "Olympics"
July 31-Aug. 4	Down on the Farm	Farm Visits
August 7-11	Superheroes	North Bend State Park

Activity Fee due at registration

\$100 (\$75 if currently in Guided Discovery Learning Center)

**Reduced activity fee for partial weeks

Camp Fees

(includes snacks & lunch)

Y Member

Non-Member

Weekly	\$100.00	\$120.00
Daily	\$30.00	\$35.00
2 Days/Week	\$55.00	\$65.00
3 Days/Week	\$80.00	\$100.00

GUIDED DISCOVERY LEARNING CENTER: ALL-DAY CARE

We begin our day at 6:30am so you can make it to work on time and know that your child is safe and in good hands. Throughout the day we will provide your child with fun educational activities in art, math, science, social studies and language arts. Teachers will use the Mother Goose Time Curriculum to help the children with their kindergarten readiness skills as well as giving them plenty of time to learn through play. This is the third year we will be offering our **PRESCHOOL** (see below) for children in all day care **AT NO EXTRA CHARGE!** Our programs are licensed through Ohio Department of Job and Family Services. Lunches and snacks are provided each day, meet USDA guidelines for school lunches, Ohio Healthy Programs and National YMCA Healthy Eating and Physical Activity (HEPA) Standards. We utilize the pool, gym and patio for large motor play. We accept children 2 1/2-5 years old, who are potty trained.

Hours: 6:30 am to 5:30 pm - Monday through Friday
Registration: \$25

Tuition
Weekly : \$100/week Y Member
\$120/week Non-Y Member
Two Days: \$55/week Y Member
\$65/week Non-Y Member
Three-Days: \$80/week Y Member
\$100/week Non-Y Member
9am to 1 pm: \$52/week Y Member
\$62/week Non-Y Member
Daily Rates: \$30/day Y Member
\$35/day for Non-Y Member

CHILD WATCH

Want to come and work out but have no one to watch your children? We are here for you! Child Watch offers a loving, safe, fun environment for your children while you take some much needed time for yourself! While in Child Watch children will do arts and crafts, activities, group games and utilize the outside patio and the gym for gross motor play. There is a two hour limit per visit per day.

Hours: 9:00-11:15am Monday-Friday
4:30-7:30pm Monday-Thursday
4:30-6:30pm Friday
8:30-10:30am Saturday

Cost: **FREE** for Y Member
\$26.50+tax for Guests
(good for 5 hours)

*Hours for child watch are subject to change if services are not utilized. A two weeks notice will be given.

SWIM LESSONS

SWIM LESSON REGISTRATION DETAILS

Days: Monday through Thursday for 2 weeks ALL SESSIONS

Times:

Parent/Child	
Skips	10:30-11:00am & 5:30-6:00pm
Preschool	
Pikes	10:30-11:00am & 5:30-6:00pm
Eels	11:05-11:35am & 6:05-6:35pm
School Age	
Polliwog	11:05-11:45am & 6:05-6:45pm
Guppy	11:50am-12:30pm & 6:50-7:30pm
Minnow	11:50am-12:30pm & 6:50-7:30pm

Cost: \$35 Y Member/\$45 Non-Member

Session I: June 5 - 15
Session II: June 19 - 29
Session III: July 10 - 20
Session IV: July 24 - Aug 3



*50% off morning swim lessons if also enrolled for full week at Camp W.I.L.D. or Camp Catepillar.

Private swim lessons are available for both youth and adults and are scheduled in half hour sessions. Participants must commit to a minimum of two hours.



SWIM LESSONS

PRESCHOOL LESSONS - 6 months-5 years

The YMCA's Preschool Aquatics Program involves step-by-step instruction of swimming and water safety which develops children's confidence. Some classes use floatation belts.

Skips/Parent Child/6 months-3years

This class helps you and your child enjoy the water through game playing, singing-along and blowing bubbles. We emphasize water safety, water adjustment skills and basic swim movements.

Pikes/3-5 years old

Children adjust to the water by gradually putting their faces in the water. Students will also learn how to float on their backs and paddle in the water without assistance.

Eels/3-5 years old

Children will be introduced to swimming with their face in the water, freestyle and elementary backstroke. In addition, they will start to work without a fun belt.

Rays/3-5 years old

Children will work on freestyle with rhythmic breathing and be introduced to backstroke. The majority of the children swim on their own without the aid of a fun belt. They will be introduced to diving.

YOUTH LESSONS - 5 years old & up

This step-by-step progression of swimming and safety skills enables a child to swim safely, enjoy the water and use swimming as a lifetime fitness sport. Class placement is determined by the student's skills and comfort level. We build on strengths and support personal development over their progression. Please note—as classes become more difficult, it may be necessary for your child to repeat a class to effectively master the skills.

Polliwog

This class is for beginning swimmers who may show some fear of the water. They will learn to get their face wet, perform elementary backstroke, freestyle stroke and practice rhythmic breathing.

Guppy

Children must be able to swim half the length of the pool while working on their freestyle with rotary breathing. They will also be introduced to the backstroke. Must be able to swim without a fun belt.

Minnow

Children must be able to swim the length of the pool without stopping. They will work on endurance while using freestyle and backstroke. They will be introduced to diving.

PRE-SCHOOL SPORTS

Tumbling

Want to have fun and learn the basics of tumbling? We will include proper stretching, basic tumbling, splits, cartwheels, and backbends.

Dates: May 27 - June 24 (Saturdays)
Time: 11:30am-12:30pm
Ages: 2-5 years
Cost: \$40 Y Member/\$60 Non-Member
Register by May 17th to receive a T-shirt



Pee Wee Baseball

Your preschooler will learn to play baseball through our fun league. There will be playful drills focusing on hitting and fielding. Each participant will need to bring his or her own glove.

Dates: June 10 - July 8 (Saturdays)
Ages: 3 years 9:00-10:00am
4-5 years 10:00-11:00am
Cost: \$30 Y Member/\$50 Non-Member
Register by June 1st to receive a T-shirt



Kiddie Kickers

This league will teach your child the skills, rules and appreciation for the great game of American Soccer.

Dates: July 15 - August 12 (Saturdays)
Ages: 3 years 9:00-10:00am
4-5 years 10:00-11:00am
Cost: \$25 Y Member/\$45 Non-Y Member
Register by July 5th to receive a T-shirt



YOUTH SPORTS

Tumbling

Want to have fun and learn the basics of tumbling? We will include proper stretching, basic tumbling, splits, cartwheels, and backbends.

Dates: May 27 - June 24 (Saturdays)
Ages: 6-12 years
Time: 12:30-1:30pm
Cost: \$40 Y Member/\$60 Non-Member
 Register by May 10th to receive a t-shirt



Volleyball League

This league is designed for children wishing to learn volleyball or improve their current skill level. From warm ups to competitive play, this league will give players a chance to work on their skills in a team game setting.

Dates: June 5 - July 29 (weekly practice, games on Fridays)
Tournament week of July
Ages: Completed 2nd-4th grades & 5th-7th grades
Cost: \$45 Y Member/\$65 Non-Member
 Register by June 7th to receive a t-shirt



YOUTH SPORTS

Volleyball Camp

Dates: June 19 - 23 (Beginners)
 July 24 - 28 (Intermediate / Advanced)
Ages: Completed 2nd-6th grades
Cost: \$40 Y Member/\$60 Non-Member

Basketball Camp

Dates: July 10 - 14
Ages: Completed K-6th grades
Cost: \$40 Y Member/\$60 Non-Member



Tennis Camp

Dates: June 26 - 30 (Beginners)
 July 31 - August 4 (Intermediate / Advanced)
Ages: Completed K-6th grades
Cost: \$40 Y Member/\$60 Non-Member

Golf Camp

Dates: June 12 - 15 (Beginners)
 July 17 - 20 (Intermediate/Advanced)
 Both camps run Monday -Thursday
Ages: Completed K-6th grades
Cost: \$70 Y Member/\$90 Non-Member



50% off sports camps if also enrolled for full week at Camp W.I.L.D.